

## MASHED SQUASH

### Ingredients:

4-1/2 lbs butternut squash  
3/4 tsp mace  
3/4 tsp allspice  
3 tsp ground cardamom  
3 tbsp maple syrup  
1-1/2 tsp salt  
3 tbsp melted butter

### Preparation:

1. Cut the squash in half (lengthwise) and remove the seeds and fibers. Cut into 2-inch chunks.
2. Boil in water until tender. Drain. Allow to cool slightly and slip off skin.
3. Spoon flesh into blender. Add remaining ingredients and process till smooth. Add some black pepper to taste.
4. Plate alongside the fish.